

Additional file 4 – Quality assessment details

Quantitative Studies (Cochrane Risk of Bias criteria [19])							
Study	Random Sequence Generation	Allocation Concealment	Blinding of Participants & Personnel	Blinding of Outcome Assessment	Incomplete Outcome Data	Selective Reporting	Other Bias*
Daly, et al. [32] ^d	Unclear	Unclear	High Risk	Unclear	Unclear	Low Risk	High Risk
Day, et al. [39] ^a	Unclear	Unclear	High Risk	Low Risk	Low Risk	Low Risk	High Risk
Dykes, et al. [49] ^b	Unclear	Unclear	Unclear	Unclear	Low Risk	Low Risk	High Risk
Fan & Woolfrey [45] ^a	Low Risk	Low Risk	Unclear	Low Risk	Not applicable	Low Risk	Low Risk
Girouard [34] ^a	Unclear	Unclear	High Risk	Unclear (S); Unclear (SR)	High Risk (S); Low Risk (SR)	Low Risk	High Risk
Hyndman [40] ^d	High Risk	High Risk	High Risk	Unclear	Low Risk	Low Risk	High Risk
Kirshbaum [33]	Unclear	Unclear	Unclear	Unclear	Unclear	Low Risk	High risk
Lewicki [43] ^a	Low Risk	Low Risk	High Risk	Unclear	High Risk	Low Risk	High Risk
Linde [44] ^b	Unclear	Unclear	High Risk	High Risk	High Risk	Low Risk	High Risk
Manias, et al. [48] ^d	Unclear	Unclear	Low Risk	High Risk	High Risk	Low Risk	High Risk
Middleton, et al. [36, 64-65] ^b	Low Risk	Low Risk	High Risk	Low Risk	Low Risk	Low Risk	Low Risk
Melynck, et al. [37] ^c	High Risk	High Risk	High Risk	High Risk	Unclear	Low Risk	High Risk
Seers, et al. [41] ^b	Unclear	Unclear	High Risk	Unclear	Not applicable	Low Risk	High Risk
Sulch, et al. [47] ^a	Low Risk	Low Risk	High Risk	Unclear	Low Risk	Low Risk	High Risk
Titler et al. [38] ^b	Unclear	Unclear	Low Risk	Unclear	Not applicable	Low Risk	Low Risk
Tranmer, et al. [42] ^d	Unclear	Unclear	High Risk	High Risk	High Risk	Low Risk	High Risk
Tsai [35] ^c	High Risk	Unclear	High Risk	Unclear	Low Risk	Low Risk	High Risk
Wesorick, et al. [46] ^c	High Risk	High Risk	High Risk	Unclear	Not applicable	Low Risk	High Risk
* Other bias included: industry funding/involvement in the study; unadjusted baseline difference in outcome(s); insufficient power; unit of analysis issues; participation rate < 80%; different participants at all data points (not applicable for groups of patients); possibility for co-intervention and/or contamination. ^a Randomized control trial (RCT); ^b Cluster RCT; ^c Non-randomized trial; ^d Cluster non-randomized trial S: Subjective outcome; SR: Self-report outcome							

Additional file 4 – Quality assessment details

Qualitative Studies (<i>Joanna Briggs Institute Qualitative Assessment and Review Instrument (QARI) [20]</i>)										
Study	Congruity between the stated philosophical perspective & research methodology	Congruity between research methods & question/objectives	Congruity between research methods & data collection methods	Congruity between research methods & representation & data analysis	Congruity between research methods & interpretation of results	There is a statement locating the researcher culturally or theoretically	The influence of the researcher on the research & vice-versa is addressed	Participants & their voices are adequately represented	The research is ethical; there is evidence of ethical approval by an appropriate body	Conclusions drawn in the report appear to flow from the analysis, or data interpretation
Ellis, et al. [58]	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Unclear	Yes
Gifford, et al. [51]; Edwards, et al. [67]	Yes	Yes	Unclear	Yes	Yes	Yes	No	Yes	Yes	Yes
Happell & Martin [55]	Unclear	Yes	Yes	Yes	Yes	No	No	Yes	Unclear	Yes
Happell, et al. [54]	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes
Kajermo et al. [56]	No	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes
Ploeg, et al. [52]; Edwards, et al. [67]	Unclear	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes
Royle, et al. [57]	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Unclear	Yes
Stetler, & Caramanica [40]	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes

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Wallin et al. [55]	Unclear	Unclear	Unclear	Unclear	Yes	No	No	Yes	Yes	Yes
Weber [49]	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes

Mixed Methods Studies										
	Quantitative (Cochrane Risk of Bias criteria [19])									
Study	Random Sequence Generation	Allocation Concealment	Blinding of Participants & Personnel		Blinding of Outcome Assessment		Incomplete Outcome Data	Selective Reporting	Other Bias	
Davies et al. [68]; Graham et al. [61] ^c	Unclear	Unclear	High Risk		Low Risk		Unclear	Low Risk	High Risk	
Wallen et al. [60] ^c	High Risk	High Risk	High Risk		Unclear		High Risk	Low Risk	High Risk	
	Qualitative (Joanna Briggs Institute Qualitative Assessment and Review Instrument (QARI) [20])									
	Congruity between the stated philosophical perspective & research methodology	Congruity between research methods & question/objectives	Congruity between research methods & data collection methods	Congruity between research methods & representation & data analysis	Congruity between research methods & interpretation of results	There is a statement locating the researcher culturally or theoretically	The influence of the researcher on the research & vice-versa is addressed	Participants & their voices are adequately represented	The research is ethical; there is evidence of ethical approval by an appropriate body	Conclusions drawn in the report appear to flow from the analysis, or data interpretation
Davies et al. [68]; Graham et al. [61]	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	No	Unclear	Yes	Yes
Wallen et al. [60]	Unclear	Unclear	Unclear	Unclear	Unclear	No	No	No	Yes	Unclear
^c Non-randomized trial										

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